



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09095, Figs, dried, stewed

Report Date: June 30, 2017 05:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g
Proximates					
Water	g	69.80	1	--	180.78
Energy	kcal	107	--	--	277
Energy	kJ	449	--	--	1163
Protein	g	1.42	--	--	3.68
Total lipid (fat)	g	0.40	--	--	1.04
Ash	g	0.80	--	--	2.07
Carbohydrate, by difference	g	27.57	--	--	71.41
Fiber, total dietary	g	4.2	--	--	10.9
Sugars, total	g	23.35	--	--	60.48
Minerals					
Calcium, Ca	mg	70	--	--	181
Iron, Fe	mg	0.88	--	--	2.28
Magnesium, Mg	mg	29	--	--	75
Phosphorus, P	mg	29	--	--	75
Potassium, K	mg	294	--	--	761
Sodium, Na	mg	4	--	--	10
Zinc, Zn	mg	0.24	--	--	0.62
Copper, Cu	mg	0.124	--	--	0.321
Manganese, Mn	mg	0.220	--	--	0.570
Selenium, Se	µg	0.2	--	--	0.5
Vitamins					
Vitamin C, total ascorbic acid	mg	4.4	3	0.820	11.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g
Thiamin	mg	0.011	3	0.003	0.028
Riboflavin	mg	0.110	3	0.025	0.285
Niacin	mg	0.640	3	0.047	1.658
Pantothenic acid	mg	0.127	3	0.009	0.329
Vitamin B-6	mg	0.133	3	0.005	0.344
Folate, total	µg	1	3	0.084	3
Folic acid	µg	0	--	--	0
Folate, food	µg	1	3	0.084	3
Folate, DFE	µg	1	--	--	3
Choline, total	mg	6.8	--	--	17.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	3	--	--	8
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	4	--	--	10
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	14	--	--	36
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.39
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	6.7	--	--	17.4
Lipids					
Fatty acids, total saturated	g	0.062	--	--	0.161
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.003	--	--	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g
16:0	g	0.047	--	--	0.122
18:0	g	0.013	--	--	0.034
Fatty acids, total monounsaturated	g	0.068	--	--	0.176
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.068	--	--	0.176
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.149	--	--	0.386
18:2 undifferentiated	g	0.149	--	--	0.386
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan ^{1 2}	g	0.009	--	--	0.023
Threonine ^{1 2}	g	0.037	--	--	0.096
Isoleucine ^{1 2}	g	0.038	--	--	0.098
Leucine ^{1 2}	g	0.055	--	--	0.142
Lysine ^{1 2}	g	0.038	--	--	0.098
Methionine ^{1 2}	g	0.015	--	--	0.039
Cystine ^{1 2}	g	0.016	--	--	0.041
Phenylalanine ^{1 2}	g	0.033	--	--	0.085
Tyrosine ^{1 2}	g	0.018	--	--	0.047
Valine ^{1 2}	g	0.053	--	--	0.137
Arginine ^{1 2}	g	0.033	--	--	0.085
Histidine ^{1 2}	g	0.016	--	--	0.041
Alanine ^{1 2}	g	0.058	--	--	0.150
Aspartic acid ^{1 2}	g	0.279	--	--	0.723
Glutamic acid ^{1 2}	g	0.127	--	--	0.329
Glycine ^{1 2}	g	0.047	--	--	0.122

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g
Proline ^{1 2}	g	0.263	--	--	0.681
Serine ^{1 2}	g	0.055	--	--	0.142
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD